

YouthHealth CONNECTION



Special Edition • Grief

Grief Touches

By Barbara J. Green, Ph.D.; YHC Medical Director

Grief from the loss of a child or faculty member of a school community reverberates and resonates deeply. Dealing with death is a complicated endeavor. Learning how to assist each other, our children and our communities as we inevitably face loss is vital. Each of us experience grief uniquely and without a timeline. We know that there are distinct differences between these three categories of loss, but that they also have common emotional impact. One quality of grief is that it has a ripple effect, starting deep at our emotional core and extending outward in emotional circles. It is imperative that we understand there are differences in grief for children and youth based on developmental stage and any previous experience with loss. There may be repercussive and secondary losses. We know that grief can return periodically, particularly around anniversary dates and developmental transitions.

Our job is to be prepared to be emotionally responsive to our children and communities. By bearing witness to sadness, listening with compassion, being sensitive to special days and events, providing emotional steadiness, support and communication we can be powerful and positive in providing safety to feel, grieve and transition through the challenge of loss. ■

Resources for Schools & Community

By Kim Noble MBA, RN; YHC Program Coordinator

The Dougy Center provides helpful resources on addressing students after a school death: <http://bit.ly/29JcVTp>

From the U.S. Department of Education, a PDF on coping with the death of a student or staff member: <http://bit.ly/29DotKC>

From the Moyer Foundation, grief & developmental ages: <http://bit.ly/2uLR3AN> ■

Resources For Families

By Molly Haggerty, YHC

This PDF provides helpful tips for talking to your school-aged children about death: <http://bit.ly/2GDQOeb>

This PDF focuses on talking to your child about death and the aftermath of losing a friend: <http://bit.ly/29QhpEW>

From The Dougy Center: How to Help a Grieving Teen-Six Basic Principles of Teen Grief: <http://bit.ly/2iGLo6E>

Tips for Teachers-Children & Grief: <http://bit.ly/2NGiiDD> ■



Self-Care Resources

Calming Yoga: <http://bit.ly/2IBljXU>

4-7-8 Breathing: with Dr. Andrew Weil
<http://bit.ly/2axFNQ7> ■



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